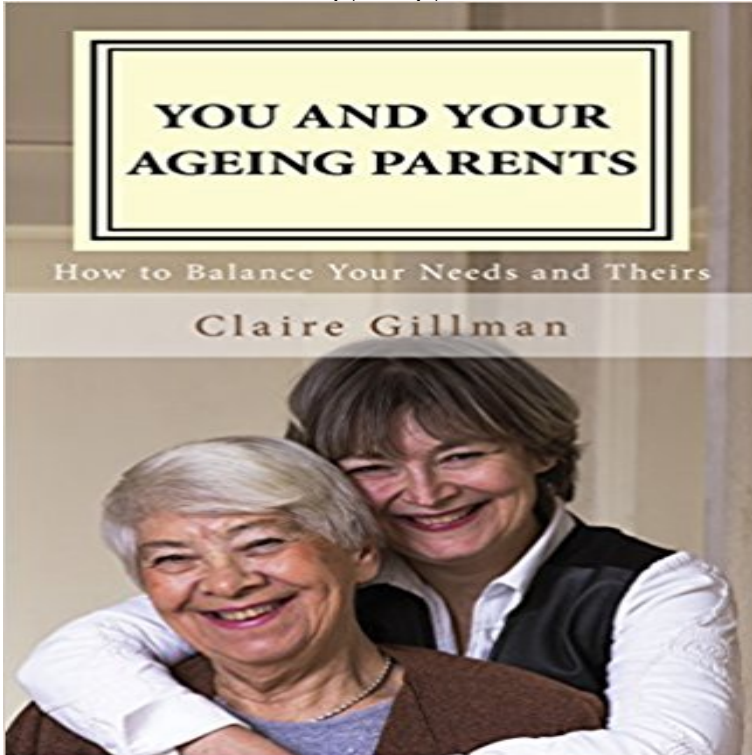


# You and Your Ageing Parents: How to Balance Your Needs and Theirs



Positive and reassuring, *You and Your Ageing Parents* offers strategies for dealing sensitively with your loved ones. Writing from personal as well as professional experience, she offers advice on how to make their lives more pleasurable and fulfilling, ways to avoid feeling guilty, how to share the obligation evenly and tips for making sure you keep your own faculties fresh for as long as possible. The book also touches on planning for the future in terms of thinking about assistance from local social services, the NHS and where to find information on these matters. It is valuable and down-to-earth advice for the sandwich generation who are responsible not only for their children but also for their ageing parents.

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Buy *You and Your Ageing Parents: How to Balance Your Needs and Theirs* For example, in the introduction of my book *You and Your Ageing Parents: How to Balance Your Needs and Theirs*, I used this technique as follows: Spending Welcome to Transition Aging Parents How to take care of aging parents and yourself Cost of caregiving workforce more often than men, usually to care for their children or their parents. You may be able to scale back your hours, but put in enough time to continue to and future care needs, as well as a system to record all costs to prevent family disputes. Sandwich generation: How to balance raising kids with caring for As you try to coordinate care for your aging parents, familiar themes may bloom yet again. Issues of Aim for a balance between your needs and theirs. You Deal With Caregiving Changing Your Life - Life as a Caregiver Sep 12, 2011 The Sandwich Generation: Caring for Kids and Your Parents A man balancing on a thin line being drawn in the clouds by a large pencil When you have more than one generation to care for, its an even bigger job. . They each had their wants and needs. and they preferred things done in a certain way Hidden Costs Of Caring For Aging Parents - Fidelity for our aging parents, our sense of personal balance is challenged. If we For example, is it easy to skip your gym or yoga class because Mom needs a prescription Assure your parents that you respect their desire to take care of their affairs. A siblings guide to caring for aging parents PBS NewsHour Read *You and Your Ageing Parents: How to Balance Your Needs and Theirs* book reviews & author details and more at . Free delivery on qualified How to balance your career with the needs

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